

COOKING CLASSES

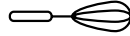
AT SUR LA TABLE

ONLINE DINNER IN PORTUGAL

WITH SUR LA TABLE CHEF



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COOKING CLASSES

AT SUR LA TABLE

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Dairy

- ☐ 4 eggs
- ☐ 1/4 cup Manchego, grated
- ☐ 1/2 cup Parmigiano-Reggiano, grated finely
- ☐ 2 tablespoons butter, unsalted

Herbs

- ☐ 1 bunch cilantro
- ☐ 1 bunch parsley

Produce

- ☐ 2 Jalapenos
- ☐ Garlic
- ☐ Ginger 2 inch piece
- ☐ 1 medium shallot
- ☐ 1 lemon
- ☐ 1 pound Yukon gold potatoes
- ☐ 1 pound brussels sprouts

Protein

- ☐ 8 skin-on boneless chicken thighs
- ☐ 6 ounces Spanish chorizo - cured (not raw Mexican chorizo)

Pantry Items

- ☐ Olive oil
- ☐ Vegetable oil
- ☐ All-purpose flour
- ☐ Kosher or sea salt
- ☐ Black pepper
- ☐ 3 tsp paprika (smoked or regular)
- ☐ 4 tsps pimenton



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- ☐ 3/4 cup dried breadcrumbs (prefer panko)
- ☐ Honey
- ☐ Sherry vinegar

Dry / Canned Goods

- ☐ 2 dried Piri Piri peppers or 3 chile de arbol



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Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Hand Tools/Gadgets

- ☐ Tongs
- ☐ Thermometer
- ☐ Potato Ricer
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Slotted spoon or spider
- ☐ Spatulas
- ☐ Whisk

Cookware

- ☐ Grill pan oven safe
- ☐ Large pot for deep frying
- ☐ Medium cast iron skillet or heavy bottom

Appliances

- ☐ Blender or food processor

Bakeware

- ☐ 3 Shallow baking dish or bowls
- ☐ 3 Baking sheets

Other

- ☐ Paper towels
- ☐ Parchment Paper



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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Piri Piri Chicken

1. Have all the ingredients for the marinate measured and ready to put in the blender or food processor, we will do this first. If you want the chicken to marinate for longer than 1 hour, you may do step 1 of the recipe in advance. Please reserve 1/2 cup of marinate for dipping.

Crispy Potatoes Croquettes

1. Have potatoes peeled and boiled until tender, kept warm under a towel.
2. Have cheese grated
3. Make room in your fridge or freezer to chill the croquettes



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PIRI PIRI CHICKEN

Yield: 4 servings

This dish has roots both in Africa and Portugal using the potent and flavorful African Bird's Eye chile or, in Swahili, Piri Piri chile peppers. If you can't source piri, double up on the less spicy pepper, chile de arbol. Make sure to make extra marinade to dip your crispy chicken or toss on roasted potatoes.

Marinade:

*2 jalapeños, stemmed and chopped
2 dried Piri Piri peppers or 3 chile de arbol, stems removed
4 garlic cloves
2-inch piece ginger, peeled and coarsely chopped
1/2 cup cilantro, plus more for garnish
1 shallot, roughly chopped
2 teaspoons smoked paprika
3/4 cup olive oil
Zest and juice from 1 lemon
8 skin-on boneless chicken thighs, trimmed
Kosher salt and freshly ground pepper*

1. To marinate the chicken: Combine all marinade ingredients in a blender or food processor; blend until smooth. Reserve 1/2 cup marinade for dipping. Place chicken in a shallow baking dish and coat on all sides with remaining marinade. Cover and marinate chicken in the refrigerator for 2 to 3 hours, turning occasionally to coat. Alternatively, use a vacuum sealer or instant marinator to reduce the marinating time to 45 minutes.

2. To grill the chicken: To a grill or grill pan set over medium-high heat, brush with a thin layer of vegetable oil. Pour off excess marinade from marinated chicken. Place the chicken skin-side down on the grill and cook, turning often with tongs, until a meat thermometer inserted in the thickest part of the chicken registers 165°F, about 20 minutes. Alternatively, preheat oven to 450°F, grill chicken, skin side down, on the stovetop, over an ovenproof grill pan, until crispy, before flipping and transferring to oven. Finish cooking until the thickest part of the chicken registers 165°F, about 10-15 minutes.

3. To serve: Transfer chicken to plates and serve with reserved Piri Piri marinade on the side



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CRISPY POTATO CROQUETTES

Yield: about 20 croquettes

1 pound Yukon Gold potatoes, peeled and boiled until tender
4 large eggs, divided
1/4 cup grated Manchego cheese
1/2 cup finely grated Parmigiano-Reggiano cheese, divided
4 teaspoons pimentón, divided
2 tablespoons minced parsley
2 tablespoons all-purpose flour
2 tablespoons unsalted butter, softened
Kosher salt and freshly ground pepper
3/4 cup all-purpose flour
3/4 cup dried breadcrumbs, preferably panko
Vegetable or canola oil, for deep frying

1. To prepare potato mixture: Drain potatoes and pass through a potato ricer onto a sheet pan. Set aside to cool. To a medium bowl, add 2 eggs and whisk. Fold in cooled, riced potatoes, Manchego cheese, 1/4 cup grated Parmigiano-Reggiano, 2 teaspoons pimentón, parsley, flour, and butter. Season generously with salt and pepper.

2. To portion potato mixture: Spoon 1 tablespoon of the potato mixture onto a parchment-lined sheet pan and roll into a ball between the palms of your hand. Return rolled ball to the sheet pan and repeat with the remaining mixture.

3. To bread the croquettes: Set up a breading station. Place flour in a shallow bowl. To another shallow bowl, add the remaining 2 eggs and whisk until blended. To a separate shallow bowl, stir together breadcrumbs, remaining grated Parmigiano-Reggiano, and remaining pimentón. Roll each potato ball in flour, then beaten egg, and finally into the breadcrumb mixture, making sure to allow any excess coating to drip off after each step. Transfer assembled potato balls onto a rimmed baking sheet lined with parchment paper and chill for 30 minutes.

4. To cook the croquettes: Preheat oven to 200°F and place a rack in the center of the oven. To large, deep pot, add oil to a depth of 3 inches and heat over medium heat until the oil registers 375°F on a deep-fry thermometer. Working in batches, carefully place breaded potato balls in the oil and fry, flipping once, until golden brown; about 2 to 3 minutes.



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Using a slotted spoon or spider, transfer croquettes to a paper-towel-lined cooling rack set over a rimmed baking sheet. Season immediately with salt and serve warm.



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BLISTERED BRUSSELS SPROUTS WITH CHORIZO

Yield: 4 servings

2 tablespoons olive oil

6 ounces Spanish chorizo, chopped into 1/2-inch pieces

1 pound Brussels sprouts, trimmed and halved lengthwise

1/2 teaspoon kosher salt, plus more to taste

1 tablespoon honey, warmed

1 teaspoon sherry vinegar

1/4 teaspoon smoked paprika

2 tablespoons parsley, roughly chopped

1. To a medium cast-iron skillet set over medium-high heat, add oil; tilt the skillet to evenly coat the bottom. When oil is hot and shimmering, add chorizo and cook until fat is rendered. Remove chorizo with a slotted spoon and set aside.

2. Heat skillet until fat is almost smoking. Place Brussels sprouts, cut side down, in a single layer. Cook without stirring until the Brussels sprouts are browned on the bottom, about 2 to 3 minutes. Sprinkle with kosher salt, stir, and cook for 2 more minutes.

3. To serve: To a small bowl, add honey, vinegar, paprika, and chopped parsley and stir together. Toss chorizo with blistered Brussels sprouts and drizzle with honey dressing. Taste and adjust seasoning with salt. Serve immediately.



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